

YOUR PASSPORT TO HEALTH NEWSLETTER

July—September 2002

Keeping
Clients
Informed

WHAT'S INSIDE ...

- 24-Hour Number
- Be Aware of Ticks
- Childhood Obesity



Services are provided under the direction of the Montana
Department of Public Health and Human Services .

Reaching Your PASSPORT Provider

Provider's 24-Hour Number

The PASSPORT To Health Program wants you to get the *right health care at the right time*.

Regular office hours – During the hours and days that your PASSPORT provider's office is **usually** open you should be able to call your provider and schedule an appointment or ask a question.

If your provider cannot see you right away but thinks you need to see a provider right away, he or she can give you a referral to see a different provider.

Hours when the office is closed

During the hours or days that your PASSPORT provider's office is **usually** closed you can call the 24-hour number that prints on your card. You will talk to someone or get a message telling you what to do for an emergency. If you are not sure if it is an emergency, call the

24-hour number and someone may be able to help you.

And Remember...

You **should not** go to the emergency room for routine care. It is an emergency if the symptoms of the medical condition are so severe that you think your health (or the health of the person or an unborn baby) is in serious danger unless you get medical treatment immediately.

Some emergencies are:

- Major injury
- No pulse or no breath
- Active bleeding
- Disorientation/Confusion
- Unconsciousness/Passing out
- Shortness of breath while resting

Is YOUR provider's name on YOUR card?

It is *very important* that the right provider prints on the Medicaid card. If you go to a provider that is not printing on your card, Medicaid **will not** pay for the visit without a referral.

If the wrong provider is on your card, call the Medicaid Help Line to change your PASSPORT provider.



Tick Season Arrives

Summer is here, and so are the ticks! Now that the weather is warmer, remember to watch for ticks when you are outside.

Ticks can *usually* be found from April to July in the mountains or in sagebrush or wooded areas. The ticks in Montana do not carry Lyme disease, but can carry other diseases such as Rocky Mountain Spotted Fever and Colorado Tick Fever.

To protect yourself against ticks:

- **Wear the right clothes**—Wear long pants tucked into socks or boots, and long sleeved shirts.
- **Watch where you walk**—Try not to walk in tall grass.
- **Use bug spray**—Some bug sprays should keep ticks away. Spray it on clothes. Read instructions carefully.
- **Examine yourself and children**—Every few hours look for ticks, especially behind ears, in hair and in underarms and body folds.
- **Protect pets**—Put flea and tick repellents on your pets. Animals can bring ticks with them.

What if you find a tick in the skin?

Use clean tweezers to grab the tick as close to the skin as possible, and pull it off. Clean the skin where the tick was, and put a bandage on it. Wash your hands with soap and water.



Overweight Children

More and more children are overweight. Being overweight can lead to heart disease, high blood pressure, diabetes and other problems. Less physical activity and poor eating habits may be the main reasons for many overweight children.

How can we help lower the number of overweight children in Montana?

1. **Show how “healthy” foods can taste good**—Have a family “taste test” with different kinds of vegetables or fruit.
2. **Be active with your children**—Go for walks, ride bikes, go to the park and have fun. Or, enroll your child in before-school or after-school programs. Limit your child’s TV viewing time.
3. **Choose healthy groceries**—Buy 1% milk to limit fat. Eat five servings of fruits or vegetables a day. Limit the amount of pop your child drinks.
4. **Involve your child’s school**—Talk to the school about National “Walk Our Children to School Day” and in-class physical activity breaks. If your child eats at the cafeteria, ask about the food that is served.
5. **Talk to your child’s provider**—If you think your child is overweight, tell your provider. The provider can help plan healthier meals and snacks.

Your children will grow up healthier and stronger if you teach healthy habits now!

Did You Know...



... if you are pregnant you can go to any provider that takes Montana Medicaid for your pregnancy care. You do not need a referral. If you are getting treatment that is **not** for your pregnancy, you need to go to the PASSPORT provider printing on your card or get a referral.

...you cannot go to the emergency room for routine care. It is important that you use your Medicaid services correctly. This means using your PASSPORT provider for routine care and the ER for emergency care.



Have Questions?

- Do you have questions on getting a PASSPORT referral?
- Do you need to know what a Well Child Check Up is?
- Do you need to know what to do if you move to another town?
- Other questions?

Call the Montana Medicaid Help Line

We’re here to help you!

Important Phone Numbers

Montana Medicaid Help Line

General Medicaid Information
PASSPORT Managed Care

1-800-362-8312

Mental Health

(General Information)

1-888-866-0328

Social Security

1-800-772-1213

Children’s Health Insurance Plan

1-877-543-7669

